

BE THE CHANGE YOU WISH TO SEE:

Resources to support GLBTQ youth



This resource will help guide you to concrete tools for creating safe spaces for GLBTQ people. Educating yourself is just the first step; commitment and action are also necessary to create real change. We know that with so much information out there sometimes taking that first step can be overwhelming, so overwhelming in fact that you don't do anything. Use this list, which is by no means exhaustive, as a place to start, and then search sites below to find out how to make it happen. If you are interested in connecting with more resources, trainings or other groups in Maine who care about this issue, contact the Maine Youth Action Network (www.myan.org.)

How to Create Safe Spaces:

The following websites and blurbs are a place to start to find ways to make your space safer for GLBTQ and all. Many of the websites could fit under several categories and include a lot of information but have been separated out for ease in your research process.

<http://www.advocatesforyouth.org/PUBLICATIONS/frtp/safespace.htm>

- A tip sheet for service providers to make their space safer for GLBTQ youth.

<http://www.umext.maine.edu/onlinepubs/htmpubs/4428.htm>

- Creating safer spaces for all youth. Contains a glossary of GLBTQ terminology.

http://ce54.citysoft.com/data/n_0001/resources/live/GLMA%20guidelines%202006%20FINAL.pdf

- For health care providers: Guidelines for Care of Lesbian, Gay, Bisexual, and Transgender Patients.

<http://www.aclu.org/safeschools>

- Includes how to create a safe schools policy, start a Gay-Straight Alliance, safe schools training, and a place to share your story.

<http://www.safeschoolscoalition.org>

- An international public-private partnership in support of GLBTQ youth to help schools become safe places.

<http://gsanetwork.org>

- Empowering youth activists to fight homophobia and transphobia in schools.

Training and Education Materials on GLBTQ:

The following websites and blurbs are a place to start to find trainings and education materials specifically for GLBTQ individuals. Many of the websites could fit under several categories and include a lot of information but have been separated out for ease in your research process.

http://www.colby.edu/health.serv/GLBT_Issues.htm

- Lists several websites on GLBTQ health issues for providers, patients and youth.

<http://www.glma.org/>

- Gay & Lesbian Medical Association works tirelessly at striving for LGBT equality in healthcare for both patients and healthcare providers. Part of that effort is providing healthcare professionals with the tools they need to provide and advocate for health care that does not discriminate.

<http://www.nickgorton.org/>

- Resource Manual for Medical Providers working with Female to Male Transgender folks.

<http://www.GLSEN.org>

- Gay, Lesbian and Straight Education Network (GLSEN) is the largest national organization fighting anti-gay bias in K-12 public, private and parochial schools. GLSEN is an education organization creating safe schools for all lesbian, gay, bisexual and transgender people. Ask about their lunchbox. *The GLSEN Lunchbox* is designed to be a 'do-it-yourself' kit and contains all the instructions and materials necessary for even inexperienced facilitators to conduct complete trainings that address LGBT issues.

<http://www.pflag.org/>

- Parents, Families & Friends of Lesbians & Gays (PFLAG) celebrates diversity and envisions a society that embraces everyone, including those of diverse sexual orientations and gender identities.

Places to Order Stickers, Posters or other GLBTQ stuff:

<http://www.safeschoolscoalition.org/RG-posters.html>

- A number of posters and signs that can easily be ordered and downloaded.

<http://www.syracuseculturalworkers.com>

- Includes many kinds of buttons, posters, postcards and t-shirts about different social justice topics.

Information and Organizations Supporting GLBTQ youth:

<http://www.youthresource.com/>

- Youth Resource, a project of Advocates for Youth, provides a wide range of information specific to LGBT youth including the latest news, info on listserves, chat rooms, and youth groups, choosing the right schools, and HIV/STD info. (Note: the searchable database of youth groups is out of date.)

www.glsen.org

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www.glsen.org/southernme:

- GLSEN Southern Maine – PO Box 10334 Portland, ME 04104; 775-0173

www.glsen.org/downeastme:

- GLSEN Downeast Maine – PO Box 373 Ellsworth, ME 04605; 667-2358

<http://www.pflag.org/>

- PFLAG- Parents, Families & Friends of Lesbians & Gays promotes the health and well-being of GLBT persons, their families and friends through: support, education and advocacy.

PFLAG Portland – PO Box 8742 Portland, Maine 04101; 774-3441

PFLAG Brunswick – 72 Woodside Rd. Brunswick, ME 04011 725-6390

Local GLBTQ Youth Organizations (Maine):

- **Outright**
Outright provides safe, affirming environment for GLBTQQA young people ages 22 and under.
Outright Lewiston Auburn – Lewiston, ME 04243 -786-2717
Bangor Outright –Bangor 04402-990-3626 or 1800-429-1481 (only in Maine)
Seacoast Outright – Portsmouth, NH 03801-603-431-1013
- **PRYSM** (Proud Rainbow Youth of Southern Maine)
PRYSM provides a safe and positive space for GLBTQA young people that offer social support, leadership development and community education.
PRYSM Southern Maine- 43 Baxter Blvd. Portland, ME 04101- 874-1022
- **Out As I Want to Be** (Formerly MidCoast Outright)
OUT strives to create safe, affirming environment for GLBTQQA young people ages 22 and under.
Out As I Want to Be– Rockland, ME- 800-530-6997

Local Gay Straight Alliances (Maine) Contacts:

GSA groups are often some of the only places in high school that youth can and do feel safe. Many schools in Maine have a GSA and some are listed below. If you know of others in Maine or would like

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Please note: providing this information does not constitute endorsement of a particular organization or its publications, nor is the Maine Youth Action Network or the People's Regional Opportunity Program responsible for the content or materials in these resources or information posted on any of these organizations' web sites.

more information on how to start one, contact MYAN or people listed below. (Note: some of the contacts/advisors for these groups may have changed but contact information for the schools will not.)

- Camden Hills Regional High School - Rockport, ME 236-7800- Dottie Foote
- Gorham High School – Gorham, ME 222-1100- Rob Roy
- Kents Hill High School – Kents Hill, ME 685-4914 - Chris McInerney & Meg Bennett
- Marshwood High School – South Berwick, ME 384-4500 - Krista Zurek
- Oxford Hills High School – South Paris, ME 743-8914-Cathy Roland
- Portland High School – Portland, ME 874-8250- Leslie Holden
- Mt. Ararat High School– Topsham, ME 729-2951-Linda Baker
- Freeport High School – Freeport, ME 865-4706-Dana Anderson & Rich Robinson
- Madison High School – Madison, ME 696-3395-Norm Bergeron

Local College Groups:

These groups are a sampling of what is available on college campuses to support GLBTQA people. If you are in college and don't know if your school has these type of resources contact your Dean of Students or reach out to one of these groups for more information.

- University of Southern Maine- Center for Sexuality and Gender Diversity - 207-780-4141or 1800-800-4USM
- University of Maine-Farmington - The Alliance - 207-778-7380
- University of Maine - Rainbow Resource Center -207-581-1439
- Colby College - The Bridge -207-872-3635
- Bowdoin College - Queer-Trans Resource Center -207- 798-4223

Databases to Find a GLBTQ Friendly Provider:

If you are a healthcare provider who is GLBTQ friendly, please go to these databases and add your name and information. Finding a "safe" doctor, nurse and/or counselor can be life-changing for GLBTQ folk. Do your part and sign up.

<http://www.glma.org/index.cfm?fuseaction=Page.viewPage&pageID=677>

- Gay & Lesbian Medical Association's referral directory offers ways to find local, "safe" health care providers.

<http://www.gayhealth.com/templates/network/index.html>

- GayHealth.com offers information, quizzes, a searchable database to find local providers, ways to talk to online doctors/therapists and many more avenues for GLBTQ medical information.

General Youth Suicide Prevention Resources:

There are many resources specific to youth suicide prevention. The few listed below are good places to start and ones that pertain to GLBTQ youth as well as offer youth suicide prevention resources.

<http://www.maine.gov/suicide/youth/index.htm>

- Maine Youth Suicide Prevention Program's youth website designed for and by youth. Great information, quizzes to take, personal stories, local resources and more.

<http://metrokc.gov/health/glbtyouthsuicide.htm>

- Created by Seattle and King County Public Health, State of Washington. Clear information, support and prevention for GLBTQ youth and youth suicide.

<http://www.thetrevorproject.org>

- The Trevor Project provides a 24/7 suicide and crisis prevention helpline for gay and questioning youth.

